

Menu Goal 5:

Vitamin C

Challenge Requirements

A good source of vitamin C must be offered every day.

Description

A good source of vitamin c is defined as 8 mg or more of vitamin c per serving.

8 mg	=	1 source of Vitamin C
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A list of foods with at least 8 mg of Vitamin C can be found on page 44-45.

A list of USDA Recipes providing 8mg or more of Vitamin C can be found on page 46-47.

A list of Commodity Foods with at least 8 mg of Vitamin C can be found on page 48.

Salad bar and/or fruit or vegetable items may be combined to meet the Vitamin C requirements.

Fruit /Vegetable juice may only be counted 2 times a week.

Monday	Tuesday	Wednesday	Thursday	Friday
				

*Nutrition Facts	
Serving Size 1/2 cup (124 g)	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrates 22 g	7%
Dietary Fiber Less than 1 g	3%
Sugars 19 g	
Protein Less than 1 g	
Vitamin A 4%	Vitamin C 8%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Please check product labels for most current nutrition information.	

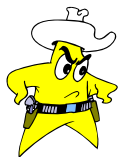
Food Label Conversion:

Vitamin C on a food label is shown as a % of daily value. To determine the mg of Vitamin C on a food label use the equation below:

$$\% \text{ Vitamin C (from label)} \times 60\text{mg (RDA)} = \text{mg of Vit C in 1 serv.}$$

Example: Mixed Fruit

$$8\% \times 60 \text{ mg} = 4.8 \text{ mg Vitamin C per serving}$$



Goldie's Tips

- ❑ Offer orange slices, strawberries, and/or kiwi fruit
- ❑ Use tomato based products: pizza or pasta sauces
- ❑ Spice up menu with sweet or hot peppers
- ❑ Offer a variety of sources over the week
- ❑ Cantaloupe and mandarin oranges meet the dark orange fruit/veggie requirement and the vitamin C requirement. Use foods that meet more than one requirement.



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

Place nutrient analysis and/or food labels in your HealthierUS Challenge application packet for the foods fulfilling the Vitamin C requirement.

Gooding Gold Award Menu Example on Next Page....

Gooding Gold Award Menu Example: a good source of vitamin C offered every day

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16 HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Roll Peas and Carrots Healthy Choice Bar 1	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pump Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll Baked Beans Herbed Broccoli/ cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Roll French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix Healthy Choice Bar 1	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.



Good Sources of Vitamin C and Serving Sizes

Food Item	Serving Size	Mg Vit C.
Asparagus, frozen, cooked, boiled	½ cup	22
Asparagus, frozen, cooked, boiled	4 spears	15
Banana	1 small	9
Broccoli, frozen, chopped, cooked, boiled	½ cup	37
Broccoli, raw	¼ cup	20
Brussels sprouts, frozen, cooked, boiled	¼ cup	18
Cabbage, Chinese (pak-choi), cooked, boiled	½ cup	22
Cabbage, cooked, boiled	½ cup	15
Cabbage, red, raw	¼ cup	10
Carambola,(starfruit), raw	¼ cup	9
Cauliflower, frozen, cooked, boiled	¼ cup	14
Cauliflower, raw	¼ cup	12
Coleslaw, school-prepared	¼ cup	10
Collards, frozen, chopped, cooked, boiled	½ cup	22
Corn, sweet, yellow, canned	½ cup	9
Cranberry juice cocktail, bottled	4 fl. oz.	45
Grapefruit sections, canned, light syrup pack, solids and liquid	¼ cup	14
Grapefruit, raw, white	¼ grapefruit	20
Grapes, red or green, raw	½ cup	9
Kale, cooked, boiled, drained	½ cup	27
Kiwi fruit, (Chinese gooseberries), fresh	½ medium	35
Kohlrabi, cooked, boiled, drained	½ cup	45
Lemon juice, canned or bottled	2 T.	8
Lima beans, immature seeds, frozen, cooked	½ cup	11
Mandarin oranges, canned	¼ cup	12
Mangos, raw	¼ cup	12
Melons, cantaloupe, raw	½ cup	29
Melons, cantaloupe, raw	1/8 melon	25
Melons, honeydew, raw	½ cup	15
Mustard greens, cooked, boiled	½ cup	18
Orange juice, canned, unsweetened	4 fl.oz.	43
Orange juice, chilled, includes from concentrate	4 fl. oz.	41
Oranges, raw, all commercial varieties	1 medium	70
Papayas, raw	¼ papaya	47
Peaches, frozen, sliced, sweetened	¼ cup	59
Peas, green, canned, regular pack	½ cup	8
Peas, green, frozen, cooked, boiled	½ cup	8
Peppers, hot chili, green, raw	¼ pepper	27
Peppers, hot chili, red, raw	¼ pepper	16
Peppers, sweet, green, raw	¼ cup	30
Peppers, sweet, green, cooked, boiled, drained	¼ cup	25

Good Sources of Vitamin C Continued

Peppers, sweet, red, raw	¼ cup	71
Peppers, sweet, red, cooked, boiled, drained	¼ cup	58
Pineapple juice, canned, unsweetened	4 fl. oz.	13
Pineapple, canned, juice pack, solids and liquids	½ cup	12
Pineapple, raw, all varieties	¼ cup	14
Plantains, raw	½ medium	16
Potato wedges, frozen commodity	½ cup	8
Potato salad, school-prepared	½ cup	13
Potatoes, white, baked	1 medium	17
Potatoes, hashed brown, school-prepared	½ cup	10
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	½ cup	11
Potatoes, mashed, school-prepared	½ cup	11
Raspberries, frozen, red, sweetened	½ cup	21
Refried beans, canned	½ cup	8
Rutabagas, cooked, boiled	¼ cup	8
Sauerkraut, canned, solids and liquids	¼ cup	9
Soybeans, green, cooked, boiled	½ cup	15
Spinach, canned, drained solids	½ cup	15
Squash, summer, all varieties, raw	½ cup	10
Squash, winter, all varieties, cooked, baked	½ cup	10
Strawberries, frozen, sweetened, sliced	½ cup	53
Strawberries, raw	½ cup	49
Sweet potato, canned, syrup pack, drained solids	½ cup	11
Sweet potato, cooked, baked in skin	1 potato	29
Tangerines, (mandarin oranges), canned	¼ cup	12
Tangerines, (mandarin oranges), raw	1 tangerine	22
Tomatoes, raw chopped	½ cup	9
Tomato juice, canned	4 fl. oz.	22
Tomato products, canned, puree	¼ cup	13
Tomato products, canned, sauce	½ cup	9
Tomato soup, canned, prepared with equal	½ cup	33
Turnip greens, cooked, boiled	½ cup	20
Turnip greens, frozen, cooked, boiled	½ cup	18
Vegetable juice cocktail, canned	4 fl. oz.	34
Watermelon, raw	1 wedge	23

For the HealthierUS School Challenge, a food with 8 mg. or more of vitamin C per serving was established as a good source since this is approximately ½ the NSLP target for this nutrient. It is assumed that the remainder of the nutrient will be provided from all other food items on the menu.

The Following USDA Recipes Provide at Least 8 mg or More of Vitamin C Per Serving

Recipe Barbecued Beef or Pork on Roll	Recipe No. F-02	Vitamin C mg 8.0
Bean Burrito	D-12A	10.1
Bean Taco	D-13A	8.6
Beef and Bean Tamale Pie	D-15A	12.3
Beef or Pork Burrito	D-12	9.7
Beef or Pork Burrito (Using Canned Meats)	D-12B	9.7
Beef or Pork Taco	D-13	8.2
Beef or Pork Taco (Using Canned Meats)	D-13B	8.2
Beef Shepherd's Pie	D-43	18.4
Beef Stir Fry	D-39A	29.2
Beef Tamale Pie	D-15	11.9
Beef Vegetable Soup	H-04A	11.5
Broccoli Salad	E-17	30.3
Broccoli, Cheese, and Rice Casserole	I-08	23.5
Chicken or Turkey Taco	D-13C	8.2
Chicken or Turkey Tamale Pie	D-15B	11.9
Chicken Tomato Bake	D-41	8.7
Chicken Vegetable Soup	H-04B	11.8
Chili Con Carne With Beans	D-20	14.5
Chinese Style Vegetables	I-09	10.1
Creamy Cole Slaw	E-06	11.1
Ground Beef and Macaroni	D-22	13.9
Ground Beef and Spanish Rice	D-23	11.8
Herbed Broccoli and Cauliflower Polonaise	I-18	38.8
Lasagna With Ground Beef	D-25	16.3
Lasagna with Ground Pork and Ground Beef	D-25A	16.5

USDA Recipes with 8 mg or more of Vitamin C Continued

Marinated Black Bean Salad	E-21	23.7
Orange Glazed Sweet Potatoes	I-13	14.6
Orange Rice Pilaf	B-21	17.7
Orange-Pineapple Gelatin	C-11	30.5
Pasta Salad	E-08	9.6
Pizza With Ground Beef Topping	D-31	9.4
Pizza with Ground Pork Topping	D-31A	10.0
Pizzaburger on Roll	F-04	10.0
Pork Stir Fry	D-39B	29.7
Potato Salad	E-09	9.2
Quick Baked Potatoes	I-17	11.3
Sloppy Joe on Roll	F-05	11.9
Stir-Fry (Chicken, Beef, Pork)	D-39	29.3
Sweet and Sour Pork	D-36	8.3
Tabouleh	E-23	13.4
Taco Salad	E-10	8.4
Thick Vegetable Soup	H-05	15.2
Vegetable Chili	D-49	17.5
Vegetable Lasagna	D-50	27.2
Vegetable Pizza	D-30A	20.9
Vegetable Quesadilla	D-52	11.9
Vegetable Soup	H-04	13.3
Vegetable Stromboli	F-06B	13.1
Vegetable Wraps	F-09	16.5

USDA Commodity Foods with at least 8 mg of Vitamin C

Vitamin

Commodity Name	Serving Size	C (mg)
Fruit and Vegetables		
Asparagus	¼ cup	11
Blueberries, Dried	¼ cup	8
Fig Puree	8 oz	13
Grapefruit, fresh	½ grapefruit	41
Lemon, Fresh	1 med. lemon	30
Orange Juice Conc (undiluted)	¼ cup	49
Orange Juice Conc (reconstituted)	¼ cup	24
Orange Juice, Sngl Serve Cartons	4 oz	49
Orange, Fresh	1 med. Orange	70
Peach Cups, Freestone, Indvl Serv	4.4 oz	118
Frzn		
Peach Cups, Sliced, Freestone, Frzn	¼ cup	59
Potatoes, (Baking Type) Fresh	½ large potato	13
Potatoes, Diced, Dehydrated	3.5 oz prepared	30
Potatoes, White, Sliced, Dehydrated	3.5 oz prepared	30
Strawberries, Whole Indvl Quick	¼ cup	15
Frzn		
Strawberries, Diced, Indvl Serving,	4.5 oz	46
Frzn		
Strawberries, Sliced, Sweetened,	¼ cup	26
Frzn		
Sweet Potatoes, Fresh	¼ cup	12
Tomatoes, Canned	¼ cup	9
Tomatoes, Crushed, Canned	¼ cup	10
Tomatoes Sauce, Canned	¼ cup	8

Meat/MA

Beef Taco Filling, Fully Cooked,	3.74 oz	8
Frzn		

Common Questions Answered

If I offer 100% juice with vitamin C every day, does this count for the vitamin C criteria?

Juice may only be counted twice during the week for this requirement. The juice must be 100% full strength and made from a natural source such as oranges. Only these 100% full strength, natural juices with vitamin C meet the criteria. All other fruit drinks and mixes do not qualify.

